## What is claimed is:

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- A multi-frequency communications device, comprising:

   a primary resonator, the primary resonator for enabling a
   frequency at which the communications device operates; and
   a parasitic resonator element, wherein when excited the
   parasitic resonator element couples to the primary resonator to alter
   the frequency at which the communications device operates.
- 2. The communications device of claim 1, wherein the primary resonator comprises a low frequency antenna.
- 3. The communications device of claim 2, wherein the low frequency is within the 300 to 500 MHz frequency band.
- 4. The communications device of claim 2, wherein the primary resonator comprises a coil antenna.
- 5. The communications device of claim 1, wherein the primary resonator radiates a dipole type radiation pattern.
- 6. The communications device of claim 1, wherein the parasitic resonator radiates a quadruple type radiation pattern.
- 7. The communications device of claim 1, wherein the parasitic resonator element comprises a spiral geometry.
- 8. The communications device of claim 1, wherein the parasitic resonator element comprises a capacitively coupled dipole antenna.
  - 9. The communications device of claim 1, wherein the communications device comprises a housing, and wherein the parasitic resonator element is disposed within or on the housing.

- 10. The communications device of claim 2, wherein the communications device operates at two or more low frequencies.
- 11. The communications device of claim 1, wherein the primary resonator comprises a stub antenna.
- 12. The communications device of claim 1, wherein the communications device comprises a phone.
- 13. The communications device of claim 1, wherein the communications device comprises a PDA.

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- 14. A phone for operating at a frequency, comprising:
  a plurality of resonator elements, wherein when one resonator
  element is excited the one resonator element couples with another
  resonator element to effectuate the operating frequency at which
  the phone operates.
- 15. The phone of claim 14, wherein only one of the plurality of resonator elements radiates a dipole radiation pattern.
- 16. The phone of claim 15, wherein at least one other of the plurality of resonator elements radiates a quadruple radiation pattern.

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- 17. The phone of claim 14, wherein at least one of the plurality of resonator elements comprises a parasitic resonator.
- 18. The phone of claim 17, wherein the phone comprises a multi frequency low band phone, wherein the phone comprises a housing, and wherein at least one of the plurality of resonator elements is coupled to the housing.

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19. The phone of claim 18, wherein the phone comprises only one stub antenna.

- 20. The phone of claim 14, wherein the frequency is in a range below 1GHz.
- 21. A resonator for use with a primary antenna of a phone, comprising:

a parasitic element, wherein when excited the parasitic element couples to the primary antenna to change an operating characteristic of the primary antenna.

- 22. The resonator of claim 21, wherein when excited the parasitic element exhibits a quadruple type of radiation pattern.
- 23. The resonator of claim 21, wherein the primary antenna comprises a stub type antenna.

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24. A resonator for use with a primary antenna of a phone, comprising: parasitic coupling means for parasitically coupling to the primary antenna so as to change an operating characteristic of the primary antenna.

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- 25.A method of using a parasitic resonator with a communications device, comprising the steps of: providing a primary resonator that exhibits a radiation pattern when excited;
- providing a parasitic resonator that comprises a radiation pattern when excited;

- positioning the parasitic resonator such that it electronically couples to the primary resonator so as to change an operating characteristic of the primary resonator.
- 26. The method of claim 25, wherein the communications device comprises a phone.
- 27. The method of claim 25, wherein the communications device comprises a PDA type device.
- 28. The method of claim 25, wherein the primary resonator comprises a stub type antenna, and wherein the communications device comprises only one stub type antenna.
- 29. The method of claim 25, wherein the operating characteristic comprises an operating frequency that is less than 1 GHz.

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